

Meaty Unstuffed Pasta Shells

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Hi Friends, I know it's the most wonderful time of the year for most people, but It can also be the most busy and stressful time of the year too.

So I am sharing this easy, stress free one pot Meaty Unstuffed Pasta Shell Recipe. Essentially this is a take on stuffed pasta shells without the fuss of stuffing each shell individually.

This recipe is cooked in one pot on top of the stove and the best part, it uses few ingredients, you probably have on hand. Lean ground beef and healthy ground turkey seasoned with Italian flavors and covered with a tomato sauce make this recipe delicious and will make you happy serving it.

That's all you need one stock pot and 30 minutes to have this Italian inspired meal on your table.

Customize This Meaty Unstuffed Pasta Shells recipe

Just like most of my recipes this Meaty Unstuffed Pasta shells recipe can be customized to fit your lifestyle and taste. For instance if

you want to eliminate the ground beef just double the amount of ground turkey. And if you don't like ground turkey just double the ground beef.

Another thing, if you don't like jumbo pasta shells you can use smaller pasta shapes, adding then 5 minutes before

finishing the cooking process.

In this recipe I used canned tomatoes, you can use my real easy marinara sauce instead if you have it on hand. (I always do) You can also vary the cheeses and the amount according to your taste preference.

Just keep it easy and delicious and if you make this Meaty Unstuffed Pasta Shell recipe please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you. It's my favorite Part!!!!

Ingredients

- 1/2 lb. large shells
- 1/2 lb. lean ground beef
- 1/2 lb. ground turkey
- 2 cups chopped spinach
- 1 chopped onion
- 2 Tablespoons chopped garlic
- 1 15 oz. crushed tomatoes
- 1 15 oz. tomato sauce
- 1 cup water
- 1 tablespoon each chopped Italian parsley, thyme, oregano, and basil
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- Salt and pepper to taste

Instructions

1. In a medium stock pot bring oil and butter to medium high
2. Saute onion and garlic until tender and just beginning to brown
3. Add the ground beef and ground turkey saute until

browned

4. Salt and pepper to taste now and add the herbs now
 5. Add the tomatoes and water simmer 10 minutes
 6. Add the pasta simmer covered for 15 minutes
 7. Add the cheese and spinach the last 5 minutes
 8. Serve topped with additional parmesan and Italian parsley
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Bechamel Sauce Chicken Lasagna

Bechamel Sauce Chicken Lasagna

This Bechamel Sauce Chicken Lasagna layered with roasted chicken breast and oozing with cheese is perfect, if your in line to bring a dish to a holiday potluck or you need to feed a crowd, this is the dish to make!!!!!!

Keeping it comforting, and just a touch healthier using lean chicken breast and low fat milk for the sauce, if your gluten free you can use gluten free flour to make the roux, and gluten free lasagna noodles.

In this recipe lasagna sheets are layered with creamy Bechamel sauce, chicken, spinach and cheese, that all comes together to create beautiful layers, in this crowd pleasing lasagna.

All you need is a casserole dish, 45 minutes, a prep plan and

you can feed as many people as you need to a delicious restaurant quality meal your whole family will love **Things to know about Bechamel Sauce Chicken Lasagna**

First Bechamel sauce , is one of the classic French white mother sauces. a velvety, buttery, creamy white sauce perfect for this Bechamel Sauce Chicken lasagna.

The sauce is not difficult to make, but you do need to pay attention, for success don't leave the stove unattended. The sauce burns quickly. Stir continuously while sauce is simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering. Remember to dip the lasagna noodles in the hot bechamel sauce before layering.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal perfect for holiday entertaining, or you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to, and the white color looks pretty on almost any table and goes from oven to table to freezer, to dish washer, 13 x 9 covered white casserole.

The extra bonus with casserole meals, your guest can serve themselves, set out this festive dinner napkins to set a holiday mood. add a simple salad for a dinner everyone will love

If you make this Bechamel Sauce Chicken Lasagna, be sure to leave me a comment and please don't forget to tag me on Instagram with your creations.

Above all I love hearing from you guys, and do my best to

respond.

Ingredients

- 2 chicken breast
- 1 box store bought no-cook lasagna sheets
- 1 stick of butter
- 2 tablespoons olive oil
- 1/2 cup flour
- 1 quart milk
- 2 cups grated parmesan
- 2 cups shredded mozzarella
- 1 cup chopped spinach
- 1 cup chicken stock
- 2 tablespoons chopped Italian parsley
- 1 teaspoon nutmeg
- Salt and pepper to taste
- **Instruction**
- Heat oven to 400 degrees
- Coat chicken with olive oil salt and pepper to taste
- Roast chicken breast 15 minutes cool and shred
- Melt butter in medium stock pot
- Stir in flour whisking continuously
- Slowly whisk in milk, chicken stock, salt, pepper and nutmeg
- Simmer on low heat 10 minutes stir to prevent browning
- line 9 x 12 inch casserole dish with bechamel sauce
- Dip the lasagna noodles in hot sauce
- Start layering the lasagna noodles beginning with the bechamel sauce
- Top with 1/3 the amount of chicken, spinach, cheeses and bechamel sauce
- Repeat for three layers ending with lasagna noodles, bechamel and cheeses
- Bake in a 400 degree oven 45 minutes to 1 hour or until golden and bubbly
- Let rest 15 minutes before cutting

Creamy Chicken Broccoli and spinach pasta

Creamy Chicken Broccoli and spinach pasta

Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it's the perfect weeknight meal when you're short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

Things to know about this Creamy Chicken Broccoli and spinach Fettuccini

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don't overcook it, and be sure the saute pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need

just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

Ingredients

- 1/2 lb. fettuccini
- 2 boneless skinless chicken breast cut in medium chunks
- 1 lb. broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 Tablespoons each butter and extra virgin olive oil
- 1/2 cup chopped onion
- 1 Tablespoon minced garlic
- 2 Tablespoons chopped Italian parsley
- 1/2 cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

Instructions

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining

2. Salt and pepper chicken chunks
 3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside
 4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown
 5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes
 6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese
 7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to combine the flavors and the spinach is wilted
 8. Sprinkle with Italian parsley and additional parmesan cheese. ENJOY!!!
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Braised Short Rib Fettuccine Pasta

Braised Short Rib Fettuccine Pasta

It's that time of year when I bring out my Dutch Oven for slow cooked braised recipes. Your going to love this hearty braised Short Rib Fettuccini pasta recipe. Succulent short ribs slow cooked in a wine and beef broth and severed over a

bed of fettuccini.

The combination of flavors is addicting and will have family and friends craving more!!! Even now days later am still craving the flavor bliss of this stick to your ribs meal!!!

Things to know about this braised short rib fettuccine pasta recipe

First and foremost use good quality Short ribs since the main ingredient in this Short Rib Fettuccini recipe is the short ribs, they should be the best.

Second and just as important be sure the heat is high enough, to sear the meat before adding the wine. And last but not least this recipe takes time to cook, so allow enough time for the three hours it takes to have the meat fork tender.

On a side note, you don't have to use Fettuccini or pasta. This recipe is delicious on it's own or over creamy polenta.

You don't have to use pancetta either, you can use bacon. I had pancetta so that's what I used. If you love slow cooked comfort food that's easy to make try my Italian chicken and sausage scarpariello

If you make this braised short rib fettuccine pasta recipe please leave me comment here, and don't forget to tag me on Instagram with your creations.

I love hearing from you, it's my favorite part!!!

Ingredients

- 8 pieces boneless short ribs cut in large dice
- 1 lb. fettuccine
- 1/2 cup flour

- 6 pieces pancetta diced
- 1 onion chopped
- 2 stalks chopped celery
- 3 peeled sliced carrots
- 1 cup red wine
- 2 cups beef broth
- 8 sprigs of thyme and rosemary
- 1 cup peas
- Salt and pepper to taste
- 2 Tablespoons chopped Italian parsley

Instructions

1. Salt and pepper the meat coat with the flour
2. In a Dutch oven fry the pancetta in 2 tablespoons of olive oil until crispy
3. Add the short ribs and cook until browned
4. Deglaze the pan with the red wine scrapping up the browned bits at the bottom of the pan
5. Now add the beef broth, thyme and rosemary
6. Simmer covered for 2 1/2 hours
7. Add the carrots, peas and celery simmer 1/2 longer
8. Mean while cook the fettuccini according to package directions
9. Toss the fettuccini with the short rib sauce
10. Sprinkle with Italian Parsley and ENJOY!!!!

Creamy Baked Prosciutto Pappardelle Pasta

Creamy Baked Prosciutto Pappardelle Pasta

Happy December!!! It's the most wonderful time of the year and it can also be the most stressful time of the year.

Try this Creamy Baked Prosciutto Pappardelle Pasta recipe for a stress free meal, everyone will love. Pappardelle pasta, bacon and prosciutto in a creamy, cheesy sauce baked to a golden brown sure to impress family and friends.

I like simple recipes that come together quickly, don't use many ingredients, and if you can put it in the oven for a hands free dinner, that's what dreams are made of.

Things to know about this Creamy Baked Prosciutto Pappardelle Pasta recipe

Yes you can customize this Baked prosciutto Pappardella, recipe to fit your lifestyle and taste. Pappardelle, a wide flat noodle can be a show stopper, you can use any shape pasta you like. You can also use pancetta instead of the bacon or you can leave it out. The same is true for the prosciutto, if you don't like prosciutto, substitute ham for it.

I bake this Prosciutto Pappardelle recipe in a casserole dish that goes from oven to table in my toaster oven/ fryer. I said it before and I'll say it again my toaster oven/fryer is the most used appliance in my kitchen and for good reason it's quick, easy to use and it fries with no oil!!!!

If you make this delicious recipe please leave me a comment

here and don't forget to tag me on Instagram. I love hearing from you, it's my favorite part!!!

Happy December my dear friends. I hope the spirit of the season fill your homes with gratitude and generosity.

Ingredients

- 1 lb. pappardelle
- 1/2 stick butter
- 4 slices bacon diced
- 1/2 cup prosciutto cut into strips
- 3 tablespoons flour
- 2 cups low fat milk
- 1 cup reserved pasta water
- 1 cup grated parmesan cheese
- 1 cup shredded mozzarella
- 2 cups chopped spinach
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- pinch of nutmeg
- Salt and pepper to taste

Instructions

1. Cook the Pappardelle according to package directions reserving 1 cup of the pasta water before draining
2. In a heavy saucepan cook the bacon in 2 tablespoons of butter until crispy
3. Add the onion and garlic saute until tender and just beginning to brown
4. Sprinkle the flour over the bacon mixture stirring to coat everything in the saute pan cook for 2 minutes
5. Slowly in the milk while stirring then add the reserved pasta water. Cook until sauce thickens about 10 minutes
6. Add the nutmeg, spinach and parmesan cheese cook 5

minutes longer

7. Pour Pappardelle into buttered casserole dish
 8. Top with the shredded mozzarella
 9. Place the dish under the broiler until the top is golden brown about 15 minutes
 10. Serve at Once
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One Pan Ravioli Recipe

One Pan Ravioli Recipe

This One Pan Ravioli recipe is so easy when you use store bought ravioli. Sure there's nothing better than homemade, but if your craving Italian and also want quick and easy, than store bought is the way to go.

There are so many varieties and good quality commercial ravioli brands you won't have have problem finding a brand that fits your lifestyle and taste.

What could be easier than a delicious Italian dinner that comes together in less than 30 minutes? Oh I know what's even better it's all made in one pan!!!!

For one pan cooking, there's one important thing the pan needs to be big and deep enough to hold all the ingredients.

Here is a link to my most used deep saute pan when I use the one pan method.

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you!!!!

Ingredients

- 1 package store bought cheese and spinach ravioli
- 2 cups vegetable stock
- 2 cups heavy cream
- 2 cups chopped spinach
- 8 oz. sliced cremini mushrooms
- 1 cup grated parmesan cheese
- 2 Tablespoons butter
- 2 Tablespoons chopped garlic
- 1/2 chopped onion
- 2 Tablespoons chopped Italian parsley
- Salt and pepper to taste

Instructions

1. In a large saute pan melt the butter over medium heat
2. Saute the onion and garlic until tender and just beginning to brown
3. Add the mushrooms saute until golden salt and pepper now
4. Deglaze the pan with the vegetable stock scraping up the brown bits at the bottom of the pan
5. Add the cream and half of the parmesan cheese simmer covered on low heat until sauce thickens about 10 minutes
6. Add the raviolis and spinach cook 10 minutes longer
7. Sprinkle with additional parmesan and Italian parsley

Roasted Butternut Squash

Rigatoni

Roasted Butternut Squash Rigatoni

One of my favorite Fall pasta recipes is this Roasted Butternut Squash Rigatoni recipe. The butternut squash is roasted to a golden caramel color, then pureed to a smooth consistency.

Loaded with toasted walnuts, sage, bacon and the pungent taste of gorgonzola. this recipe is easy enough for weeknight family meals and fancy enough for weekend dinners with friends.

I've done all kinds of butternut squash recipes. changing from sautéing the butternut squash to roasting it. I have to say I like the roasted version better.

You don't even have to use your large oven to roast the butternut squash, I don't. I use my Cuisinart toaster oven/air fryer.

Customize Roasted Butternut Squash Rigatoni

You can make this Roasted Butternut Squash Rigatoni recipe fit your lifestyle and taste. For instance if you don't like rigatoni use

any shape pasta you like. If you want to go the vegetarian route leave out the bacon. And if you don't like gorgonzola

use blue cheese.

My recipes are customizable, It's more about technique. If you learn the technique in cooking you wouldn't need to look at recipes every time you cook.

IF you make this recipe please leave me a comment and don't forget to tag me on Instagram. I love hearing from you , It's my favorite part!!!!

Ingredients

- 1 Lb. Rigatoni
- 1 small butternut squash peeled and cut into cubes
- 4 slices chopped bacon
- 2 cups chopped spinach
- 2 cups reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1/2 cup milk
- 1 cup gorgonzola cheese
- 1 cup chopped walnuts
- 1/4 cup chopped sage
- 1/2 chopped onion
- 2 Tablespoon chopped garlic
- 5 sprigs thyme

Instructions

1. Heat oven to 375
2. Drizzle the butternut squash with 2 tablespoons olive oil, 1 tablespoon of the chopped, thyme, salt and pepper
3. Roast butternut squash and walnuts until squash is tender and walnuts are toasted about 20 minutes
4. Meanwhile cook pasta according to package directions resevering 2 cups of the pasta water before draining

5. While the pasta is cooking in a large saute pan cook the bacon in 1 tablespoon of butter until crispy
 6. Add the onion and garlic continue cooking until tender and just beginning to brown
 7. Add the chicken broth, cream and reserved pasta water simmer covered 15 minutes
 8. Add 3/4 of the butternut squash to a blender with 1/2 cup milk blend until smooth
 9. Add the butternut squash puree, sage, thyme, walnuts, spinach and gorgonzola cheese to the pan simmer 10 minutes longer
 10. Toss the cooked rigatoni to the butternut squash sauce top with additional gorgonzola and ENJOY!!!!
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Creamy Chicken Gnocchi

Creamy Chicken Gnocchi

Don't let the looks of this Creamy Chicken Gnocchi intimidate you. It's an easy recipe when you use store bought potato gnocchi.

If you want to go the all home made route you can make my Easy Ricotta Gnocchi. But if you decide to make your own they need to be cooked in a separate pot of rapidly boiling water until they come to the surface, about 7 minutes and then tossed in the sauce. The same is true with the marinara but marinara sauce is so easy and is one of the sauces I always have on hand. I have linked the recipes for the gnocchi and the marinara. The most important thing about marinara is to use the best tomato products, since

tomatoes are the main ingredient.

My absolute favorite is La San Marzano, you can't always find it in the supermarkets but here is the link to find it on Amazon.

Three Tips When Making Creamy Chicken Gnocchi

Size matters!!! when we're one pan cooking. The sauté pan has to be big enough and deep enough to hold in this case both the pasta and the sauce. Here's a link to a good all around one pan cooking pot.

Another thing that's important is to be sure the oil and butter is hot enough to sear the chicken without burning it.

One more thing, if the sauce is too thick add a little milk if it's too thick coat a pat of butter with flour and put it in the sauce, the last few minutes.

Ingredients

- 3 boneless, skinless chicken breast cut in cubes
- 1/2 LB. store bought or my easy ricotta gnocchi
- 3 cups prepared marinara sauce
- 1 cup heavy cream
- 2 cups chopped spinach
- 2 tablespoons each olive oil and butter
- 2 Tablespoons chopped garlic
- 1/2 small onion chopped
- 1 cup parmesan cheese
- 2 Tablespoons chopped Italian parsley

Instructions

1. In a large sauté pan heat olive oil and butter to medium heat
 2. salt and pepper the chicken and sauté until lightly browned
 3. Add the garlic and onion sauté until tender and just beginning to brown
 4. Add the prepared marinara and cream simmer 15 minutes or until sauce thickens
 5. Add the gnocchi and spinach
 6. Simmer covered 7 to 10 minutes
 7. Sprinkle with the parmesan cheese and Italian parsley
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Saucy Pesto Pasta

Saucy Pesto Pasta

This 30 minute Saucy Pesto Pasta recipe with sundried tomatoes, spinach, cream in a basil pesto sauce is great when you're craving Italian but you want a vegetarian dinner.

I've said it before and I'll say it again I am not vegetarian, but it seems that 3 to 4 meals a week are meat free.

Pasta is perfect with or without meat. I know I post a lot of pasta recipes, but pasta is so versatile, easy and delicious you can have pasta often

without repeating the same recipe, plus who doesn't love

pasta!!!

Make The Pesto For Saucy Pesto Pasta

Making your own Pesto sauce for this Saucy Pesto Pasta is so easy. In a food processor blend 4 cups fresh basil with 2 tablespoons of garlic, 1 cup pine nuts and 1 cup parmesan cheese.

Process until blended then with the food processor running slowly add 2 cups extra virgin olive oil.

That's it!! Homemade pesto!!! If you make this Recipe Please tag me on Instagram with your creations. And please don't forget to leave me a comment I love hearing from you, It's my favorite Part!!!

Ingredients

- 1 Lbs. penne pasta
- 1 cup sundried tomatoes chopped
- 2 cups chopped spinach
- 2 cups reserved pasta water
- 2 cups heavy cream
- 2 cups prepared pesto
- 1 cup grated parmesan cheese
- 1/2 chopped onion
- 2 tablespoons chopped garlic
- 2 tablespoons each olive oil and butter

Instructions

1. Cook pasta according to package directions reserving 2 cups of the pasta water
2. In a large sauté pan heat the oil and butter to medium

3. Add the onion and garlic sauté until tender and just beginning to brown
 4. Add the sundried tomatoes sauté 5 minutes longer
 5. Add the cream and reserved pasta water simmer covered on low for 15 minutes or until sauce thickens
 6. Add the spinach, pesto sauce and parmesan cheese simmer 10 minutes longer
 7. Toss the drained penne with the sauce sprinkle with additional parmesan and fresh chopped Italian Parsley and ENJOY!!!
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Easy tuna puttanesca spaghetti

Easy Tuna Puttanesca spaghetti

This easy Tuna Puttanesca Spaghetti is a fast and flavorful Italian pasta recipe perfect for busy weeknights. Made with pantry staples like canned tuna, anchovies, olives, and capers, this classic puttanesca sauce comes together in under 30 minutes.

Puttanesca has a rich and colorful history—said to be created by Italian prostitutes to lure customers with its irresistible aroma. Whether legend or truth, this spicy, briny sauce still draws everyone to the kitchen today.

Cooked in one deep sauté pan and tossed with spaghetti, this tuna pasta is a bold, satisfying dish full of robust Mediterranean flavor.

Things to know about this Easy Tuna Puttanesca spaghetti recipe

I used spaghetti for this dish, but feel free to choose any pasta that fits your lifestyle and taste—long or short shapes both work beautifully. If the sauce feels a little dry, just add more pasta water. That starchy liquid not only adds body, but acts as a natural thickener that binds everything together.

For the olives, I went with kalamata because I love their bold, briny flavor. Growing up, my mother used olives from our family farm in Tuscany. She cured them the traditional way—soaking them in a salt water solution and changing it every few days for weeks until the bitterness was gone. They transformed from glossy purple to wrinkled and rich, then were marinated in olive oil, garlic, orange peel, and red pepper flakes. Time-consuming, yes—but unforgettable in flavor.

So for this simple sauce, don't skip out on the quality olives—they're key to the depth of flavor in this rustic, vibrant dish.

I hope you give this recipe a try, and the part I love most? Hearing what *you* think! Enjoy a little restaurant-style cooking in your own kitchen—and don't forget to tag me on Instagram so I can see your delicious creations!

Ingredients

1. 1/2 lb. Spaghetti pasta cooked according to package direction reserving 2 cups of the water before draining
2. 1 small chopped onion
3. 1 Tbs. minced garlic
4. 4 anchovy fillets
5. 2 cans albacore tuna in olive oil
6. 1/2 cup capers
7. 1 cup chopped kalamata olives
8. 1 15 oz. can chopped tomatoes
9. 1 15 oz. tomato sauce
10. 1 cup reserved pasta water

11. 1 Tbs. each chopped Italian parsley, basil, thyme and red pepper flakes

12. 2 Tbs. each olive oil and butter

Instruction

1. Cook pasta according to package directions reserving 1 cup pasta water

2. Mean while prepare your sauce by heating oil and butter in a large deep saute pan, add onion and garlic, cook until tender and just begining to brown

3. Add the anchovy fillets stir until anchovies disintegrate, then add both cans of tomatoes not drained and reserved pasta water.

4. Simmer covered for 20 minutes, add the Tuna, olives, spinach, capers, red pepper flecks and herbs, simmer 10 minutes longer,

5. Always salt and pepper to taste

6. Toss with the drained spaghetti pasta,ENJOY